

So

That health is a state of complete physical, mental, and social well-being and not merely the absence of disease and infirmity.

Psychosocial health is affected by a number of factors, some internal and others external.

External influences are those parts of our life experiences that we have little or no control over, for instance our family and where we grow up.

Internal factors associated with psychosocial health are equally as important as the external factors; however, they are harder to see as they are inside the person, however they are harder to see as they are internal factors such as self-concept, hereditary traits, physical health status, physical fitness level, hormonal functions, and mental, social, sexual, spiritual and emotional